

Fresh from the Fields

A FARM TO FOODBANK NEWSLETTER

Metrics

- **14,570 lbs.** purchased from **22 Moco Farms**
- Supported **38 Food Assistance Providers** (FAPs)
- **6** of those FAPs were **schools**
- Most purchased item: **4,012.5 lbs. of summer squash**

Intern Highlight



Hi there! My name is Liza Cichy and I am currently a Food Resources Intern for the summer here at Manna. I am an incoming third year Geography and Earth Science student at the University of St Andrews, with a great passion for environmentalism and food security.

I have spent time working at Norman's Farm Market, which has been a driver of my interest in our local food system. By working at a local produce stand, I see the immense benefits of understanding the local food system, especially recognizing where food comes from and where it will end up, and the importance of reducing food waste. By spending time harvesting at the farm, I was able to gain an insight of the benefits of local agriculture and all of the hard work that goes into producing these crops.

In the past month at Manna, I have learned so much about CFR and F2FB and how important the work done with local farms is to our community. In the farm visit to AfriThrive, I had the privilege of learning about culturally considerate crops that are being harvested in our community and to try dishes made with these cultivated foods. These opportunities are extremely important and enriching and I am so lucky to be able to participate in them.

Over the next few weeks, I know I will learn even more about the projects Manna is involved with, and I am very eager and feel so grateful to have this experience!

Funding Opportunities

Last month, Manna rolled out a funding collaborative in partnership with the Montgomery County Office of Food Systems Resilience (OFSR). The collaborative funding agreements offered through this program will provide farm partners with **up-front payments between \$5,000 and \$20,000 to be used by the partner for a variety of approved purposes**. Please visit the [Grants tab](#) on the Community Food Rescue website for information.

Farm Highlight

We recently attended [AfriThrive's Cultural Farm](#) as the 3rd visit in our series focusing on culturally considerate crops being grown locally. This was the **highest attendance** yet and we had so much fun. Tanya Spandhla prepared a delicious lunch for attendees including baked **kabocha squash**, dried **cranberry beans** cooked from scratch, and 3 varieties of cooked **pumpkin leaves**. Check out the *Upcoming Events* section for details about our next visits!



Upcoming Events

- **Monday, July 8th:** 4th FSLN Activation Grant site visit at [Chirandu Farm](#)
- **Tuesday, August 6th:** 5th FSLN Activation Grant site visit at [Beauty Blooms](#)

Seeking

If you compost and are **looking for more food scrap resources**, please reach out to foodresources@mannafood.org. We have partnerships with FAPs that often have food scraps they are looking to offload.

Want to be featured in our newsletter? Email annarose@mannafood.org

